



## HMH-463 Commanding Officer's Policy on Suicide Prevention

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***It's OK to not be OK. It's OK to ask for help.***

Across the Corps, many Marines struggle with life issues until they become convinced that no viable solution exists other than to take their own life. Sadly, this is on the rise. Pegasus Marines take care of each other. This is a situation where you are literally saving another Marine's life.

Many factors contribute to suicide. Post-traumatic stress, alcohol or prescription drug abuse, financial difficulties, relationship problems, legal troubles, job performance issues, and other factors place individuals at higher risk. Our force preservation council will be the vehicle by which we identify our high risk Marines. However, I expect every Marine to act as soon as they recognize the warning signs in a fellow Marine so that they can get help before it's too late.

If you or one of your Marines needs help, assistance can be found through the chain of command, the Group Chaplain, our Flight Surgeon and Corpsmen, and, most importantly and effectively, from your fellow Marines. The Marine Corps has some great resources to include the "Never Leave A Marine Behind" training, the "Leaders Guide to Managing Marines in Stress", Military One Source ([www.militaryonesource.com](http://www.militaryonesource.com)) crisis line at **800-273-TALK (8255)**, and the DSTRESS Line ([www.dstressline.com](http://www.dstressline.com)) at **877-476-7734**. The DSTRESS Line provides professional anonymous counseling for Marines, Sailors, and families when it's needed most.

Each and every Pegasus Marine is a valued and important member of our team. Asking for help and seeking assistance is a sign of strength. I expect every Marine to reach out to a teammate in trouble. Engaged leaders at every level must know their Marines and give them the assistance they deserve. Pegasus Marines take care of each other.

Semper Fidelis,

R. P. MATYSKIELA  
LtCol, USMC  
Commanding Officer